

"If you fall" - Descent for the purpose of Ascent  
Posted by ColinColin - 01 May 2019 00:49

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This is from the Shirat Devorah blog.

If one falls, or if one is close to falling, or has ever fallen, please read.

It is very inspiring.

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Descent for the purpose of ascent: in Hebrew this is known as Yerida l'tzorich aliyah

**No Pain No Gain**

?? - Nes - Miracle?????? - Nisayon - Trial "**All the affairs of the world, whether for the good or for the bad, are trials [nisyonos] for a man**" ... [Mesillat Yesharim[b]\*/[b] (Path of the Just) Rabbi Moshe Chaim Luzzatto]When a person is destined to reach a level which is much higher than his present rung, it is necessary for him to undergo a descent first. [The Lubavitcher Rebbe]Before a person experiences a miracle - ?? - , he is given a trial - ??????. There is no ascent (*aliyah*) without a prior descent (*yeridah*). The lower the descent, the higher the potential ascent.G-d tries the righteous, for knowing that the righteous will do His will, He desires to make them even more upright, and so He commands them to undertake a test, but He does not try the wicked, who would not obey.Thus all trials in the Torah are for the good of the one being tried. [Nachmanidies, Commentary on the Torah; Genesis, p. 275; Chavel translation; ]From here, we learn a number of important points. First, the purpose of a *nisayon* is not to reveal anything new to G-d, but to increase the spiritual reward of the person by bringing forth his or her latent greatness into actual deeds of righteousness.Second, a person is only sent a *nisayon* that he or she has the potential to "pass," provided the person uses his free will properly.Third (and this is implicit in the first point), the *nisayon* is intended for the good of the person—to elevate the person spiritually.*Nes* can also be translated as "banner": The test is meant to "lift a banner" and reveal to the world, and to the person himself, the potential hidden within a human being.

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